

# GYM SCHEDULE

May 10th - July 4th 2010

Tong Louie Family YMCA Surrey



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday				
	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	GYM 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2			
5:00											Note: Open Gym times are designed to accommodate all members/participants. During this time the gym must be shared between activities						
5:30																	
6:00																	
6:30																	
7:00	Healthy Heart 6:45am-9:15am				Healthy Heart 6:45am-9:15am				Drop-in Adult Badminton 5:00am-8:00am		Healthy Heart 6:45am-9:15am		Drop-In Badminton 7:00am-9:00am				
7:30																	
8:00			Gym Closed for floor cleaning 8:00am-9:00am												Gym Closed for floor cleaning 8:00am-9:00am		
8:30																	
9:00				Toddler Gymnastics 9:00-9:45am									Soccer Tots 1 8:45-9:30am				
9:30	Stroller Robics 9:30-10:20am		Preschool		Stroller Robics 9:30-10:20am		Preschool	Baby Gymnastics 9:30-10:15am	Stroller Baby Bootcamp 9:30-10:20am			Tumbleweeds Gymnastics 1 9:30*-10:25am *Setup at 9am	Soccer Kidz 1 9:40-10:25am	Soccer Tots 2 9:00-9:45am			
10:00			Preschool Gym & Swim 10:00-10:45am	Tumbleweeds Gymnastics 1 10:00-10:55am			Preschool Gym & Swim 10:00-10:45am	Toddler Gymnastics 10:15-11:00am			Preschool Drop-In Gym FULL GYM	Soccer Kidz 2 10:00-10:45am					
10:30	Preschool Drop-In Gym 10:30-12:25pm *Gym available at 12:45pm*	Preschool Gym Time 10:30-11:00am	Childcare Gym Time 11:00-12:00pm	Tumbleweeds Gymnastics 2 11:00-11:55am	Preschool Drop-In Gym 10:30-12:25pm *Gym available at 12:45pm*	Preschool Drop-In Gym 10:30-12:25pm FULL GYM	Childcare Gym Time 11am-12:00pm	Tumbleweeds Gymnastics 1 11:15-12:00pm	Preschool Drop-In Gym 10:30-12:25pm *Gym available at 12:45pm*	Family Bouncy Gym! 11:15-12:15pm	Tumbleweeds Gymnastics 2 10:30-11:25am	Soccer Tots 1 10:30-11:15am	Soccer Kidz 2 10:00-10:45am				
11:00														Soccer Tots 2 11:00-11:45am			
11:30																	
12:00																	
12:30																	
1:00	Preschool Gym Time 1:30-2:00pm		Stroller Baby Bootcamp 1:00pm-2:00pm				Homeschool PE 1:00-2:00pm							Birth Party Parties 1:00-2:00pm			
1:30					Preschool												
2:00	Kindercare Gym Time 2:00-3:00pm		Kindercare Gym Time 2:00-3:00pm		Kindercare Gym Time 2:00-3:00pm	Soccer Tots 1 2:00-2:45pm								I CAN Play Soccer! 2:00-4:00pm			
2:30																	
3:00	School-Age Gym Time 3:00-4:00pm	Kids Gymnastics 1 3:15-4:10pm	School-Age Gym Time 3:00pm-3:45pm		School-Age Gym Time 3:00-3:55pm	Soccer Kidz 1 3:00-3:45pm	School-Age Gym Time 3:00-4:00pm										
3:30																	
4:00	Mini-Climbers 4:00-4:45pm			Mini Basketball 4:00-4:45pm	Cheerleading Ages 3-5 4:00-4:45pm	Shooting Stars B-ball Level 1 4:00-4:55pm								Birth Party Parties 1:30-6:30pm			
4:30			Kickers Soccer Level 1 4:30-5:25pm														
5:00				Kids Hoops B-ball Level 1 5:00-5:55pm													
5:30																	
6:00	Youth Climbers 6:00-6:55pm	Karate 5:30-7:30pm		Kids Hoops B-ball Level 2 6:00-6:55pm													
6:30																	
7:00	Open Climbing 7:00-8:00pm		Gauntlet 7:00pm-8:00pm			Gym & Swim 6:30-7:15pm	Childrens & Adult Aikido 6:00-8:30pm *Gym available at 8:45pm*										
7:30																	
8:00																	
8:30																	
9:00																	
9:30	Drop-in Adult Badminton 8:55pm-10:55 pm *setup time begins at 8:55pm*		Drop-in Adult Volleyball 8:55pm-10:55 pm *setup time begins at 8:55pm*		Drop-in Adult Soccer 8:55pm-10:55pm		Drop-in Adult Basketball 8:55pm-10:55pm		Youth Night 7:00pm-10:00pm Different Activities Every Week!								
10:00																	
11:00																	

NOTE: Registered classes are in grey.  
 DROP IN programs are no charge for members and for those paying a day use fee. Other programs require registration. Schedule is subject to change. Please visit our website for updates ([www.vanymca.org](http://www.vanymca.org)).